The Book of Tasty Sandwiches

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BY BOVRIL LTD

THE Sandwich is indispensable, it so handily fits in for all occasions —Chief among a Mother's problems is the meal for children not able to return from school at mid-day—The Sandwich, if a nourishing one, solves it. Bovril contains essential health promoting constituents, and the infinite variety it gives to sandwiches is particularly appreciated by children who always like a "surprise" element in their meals. Cold slabs of meat are monotonous and indigestible.

A bottle of Bovril, a little butter and a loaf of bread eliminate all catering worries; for many tasty and nourishing sandwiches can be made quickly with them—or made beforehand in readiness for the required time, if preferred.

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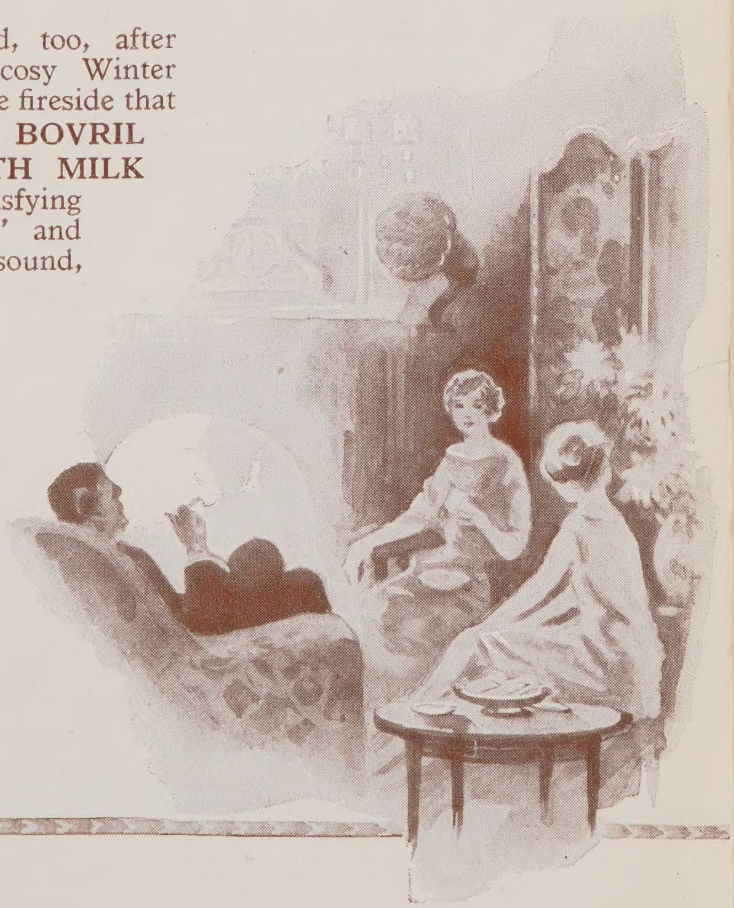
This booklet gives recipes for just a few of the many sandwiches which can be made from Bovril — sandwiches suitable for all occasions.

Each filling includes appetising ingredients which, served in conjunction with Bovril, make a nutritious and delightful "sandwich meal" for your family and friends.

You will find, too, after spending a cosy Winter evening by the fireside that **A CUP OF BOVRIL MADE WITH MILK** is a very satisfying "night-cap," and conducive to sound, healthy sleep.



Everybody likes Bovril Sandwiches

BOVRIL is introduced into each filling, but in such a way that while the nourishment of Bovril is there, each sandwich will have a different flavour.

The quantities are based on the requirements of three or four people, and can be increased or reduced if necessary for large parties or for one or two people only.

A Special Warning

The completed sandwich should be absolutely compact, and welded together by its contents. There should be no fringings of green stuff or protruding bits of fillings.

For Making Over-night

Wrap sandwiches in a slightly damp cloth. Set on a plate under an inverted basin. This will keep everything fresh and moist till the following morning.

With the Early Morning Tea

A Tip for Bread Cutting

The nicest sandwiches are made with almost new bread, which in the ordinary way is difficult to cut thinly. A good plan is to choose a sharp, thin-backed knife, and dip the blade in a jug of boiling water. This makes the knife cut cleanly, and may be repeated at intervals. Square shaped loaves are best.

To Prepare a Filling

Collect all the necessary ingredients beforehand, and prepare them as directed in the recipes. After preparation, keep in a cool place until actually required for making up the sandwiches.

Bovril Scones

For 11 o'clock lunch

Egg, Cress and Bovril Sandwich

Boil 2 eggs lightly, remove shells, add 2 ounces of fresh butter and 1 teaspoonful of Bovril. Beat up and spread with a layer of cress between the slices of bread. Garnish with cress chopped small. Particularly nice for tea.

Ham Sandwich à la Crême

Finely mince 2 small slices of boiled York ham and mix with 2 tablespoonfuls of cream

(or very fresh butter) and ½ teaspoonful of Bovril. Decorate sandwich with parsley. A very nourishing lunch.

Cream Cheese Scones

Mix ¼ lb. cream cheese with 3 tablespoonfuls of milk or cream, and season with a dust of cayenne and 1 teaspoonful of Bovril. Split some small, plain home-made scones and fill with the mixture (the scones must *not* be sweet). Serve with lettuce or with a simple salad and mayonnaise.

Mid-day lunch in train or at the office

Bovril will make
Dain

our Sandwiches and Nourishing

Fish Savoury

Take 1 large cupful of cooked and shredded white fish. Add 1 egg lightly boiled, 1 tablespoonful of butter, 1 teaspoonful each of chutney and Bovril. Beat to a smooth paste and spread between slices of bread. Garnish with watercress.

Chicken or Veal Sandwich

Required : ½ lb. of cooked chicken or veal, cut thin and *small*, or minced ; ¼ lb. of butter, 2 teaspoonfuls of Bovril, and 1 each of sauce piquante and lemon juice. Add a pinch of pepper and a little veal seasoning. Work together. This is excellent as a filling.

Bovril and Cheese Filling for Sandwiches

Put a small cream cheese of any kind into a basin, beat it until soft, then add Bovril and made mustard to taste. Mix well, beat until creamy. This mixture is excellent for sandwiches, a little cress can be added if liked or it is very good spread between 2 small biscuits. The nourishing and sustaining properties of this mixture will appeal to members of picnic parties.

Beef and Horse-Radish Rolls

Mince ¼ lb. of beef with a little shredded horse-radish. Flavour with 1 teaspoonful

each of made mustard and Bovril, and work up with 2 ounces of butter.

If a more substantial filling is desired, cut thin slices of beef, melt butter and flavourings on a plate, dip the slices in the mixture, and insert in rolls of bread.

Lobster Squares

1 cupful of shredded lobster, the white of an egg, 2 tablespoonfuls of melted butter or cream, 1 teaspoonful each of anchovy sauce, Bovril and mayonnaise dressing. Mix well. When spreading on bread, sprinkle with chopped mustard and cress, and garnish with the same. Cut sandwiches square in shape.

Scrambled Egg Rolls

Break and beat 4 eggs, and mix with a teaspoonful of Bovril. Have ready 2 ounces of butter, gently boiling in a frying-pan. Pour in the eggs, stirring all the time until set. Insert between split rolls and serve with lettuce leaves. Children are particularly fond of these rolls.

Pomme de Terre Sandwich

Mash ½ lb. boiled potatoes with ½ lb. of fried pork sausage meat. Season with a pinch or two of finely powdered sage, 3 teaspoonfuls of Bovril and a little minced onion (if liked). Mix thoroughly with 2 tablespoonfuls of melted butter or margarine. Spread liberally between thin slices of bread.

Dutch Bovril Sandwich

Cut 2 thin slices of Dutch cheese, sandwich them together with a thin spread of Bovril, and place between slices of bread and butter.

Bovril and Egg Sandwich

Hard boil an egg and place it in a basin. Press into tiny pieces with a fork and mix into a paste with Bovril and a very little salt. Spread on slices of bread and butter. The mixture makes delicious and economical sandwiches.

Celery Fingers

Chop fine 4 pieces of young white celery and 2 hard-boiled eggs. Mix well with 2 tablespoonfuls each of grated cheese and butter ; add 1 teaspoonful of Bovril. Spread on bread and cut the sandwiches into finger shape.

Take Bovril to the Picnic

Sandwich au Gratin

Wash and dry in a cloth a fresh, crisp lettuce and cut it into short shreds. Add 2 teaspoonfuls of chopped gherkins (or any sweet or sour pickle liked), 2 tablespoonfuls of grated cheese, and 1 teaspoonful of Bovril. Mix with cream or creamed butter.

Marrow Sandwich

Melt 4 tablespoonfuls of beef marrow or dripping, and flavour with a little mustard, pepper, and 1 teaspoonful of Bovril. Mix well and spread on bread.

Lamb and Capers Sandwich

Prepare the required number of thin pieces of bread, spread with butter and Bovril, and fill with thin slices of lamb and chopped capers. Mint sauce can be sprinkled on if preferred.

Banana Purée

Peel 2 bananas—not very ripe—and 3 tomatoes. Cut in slices and simmer gently with a little water until tender. Mash with a fork and add 1 dessertspoonful each of Bovril and butter, a little pepper and 2 eggs well beaten. Stir over a moderate heat until a thick purée is formed. Allow to cool before cutting the sandwiches.

Bovril on Toast

With the early cup of tea, this is both delicious and nourishing. The toast should be very crisp and thin, and the Bovril and butter about equal in quantity.

A FEW

NEW RECIPES

Bovril Omelette

Light, nourishing and different and also most appetising. It is made by adding Bovril at the rate of 1 teaspoonful to each egg, beating the two together before putting in the pan, and cooking in the usual manner.

Croûtes of Bovril

Cut some slices from a sandwich loaf. Toast them slowly, butter and trim them and spread on top 1 or 2 spoonfuls of Bovril. Cut each slice in 4 parts and put on top of each mustard and cress.

Savoury Toast

Take ½ lb. of good beef or marrow dripping and whip up with a fork. Then add 3 teaspoonfuls of Bovril, pepper to taste. Spread this on rather thick pieces of hot toast.

Look at the Sandwich men on the front

A BOVRIL SANDWICH
Prevents that sinking feeling

B673. Made in England

Clarke & Sherwell
London and Northam